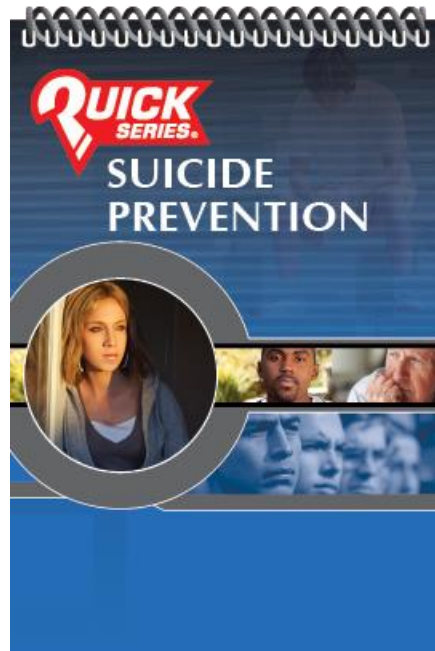




SUICIDE PREVENTION QUICK BOOKS



MOTIVATIONS BEHIND SOME SUICIDES

- To avoid or end perceived pain.
- To gain attention.
- To be perceived as a martyr for a cause.
- To avenge a perceived wrong.
- To express grief or resentment over a change in a relationship.
- To escape an intolerable situation or problem.
- To manipulate others.
- To respond to an internal impulse.
- To avoid hesitation.

THE SUICIDE RANGE OF BEHAVIORS

- Expressed thoughts or organized thinking about suicide, but no actions taken.
- Gesture – nonverbal behaviors which show one's intention or desire to engage in suicidal thinking about suicide, like one is cutting his wrists. Another example would be taking a small amount of prescription drugs to get attention. The person has no intention of dying by making the suicidal gesture, but the gestures draw some attention.
- Attempt – the person takes actions that are dangerous or potentially self-harmful, but the intention to die does not occur.
- Suicide – self-inflicted death occurs.

ATTEMPTED SUICIDES ARE VERY SERIOUS

Nationally, approximately 24,000 suicide attempts take place every year. Every attempt is a serious threat to a human life. Take them seriously. Some people make numerous attempts before dying. Females attempt suicide three times more often than males, but males die by suicide four times more often than females. In most cases, professional psychological counseling is required.

SOME IMPORTANT FACTS

- An average of one person kills him or herself every 16 minutes. Firearms are used in 5% of suicides.
- An average of one young person (ages 15-24) dies every two hours and 48 minutes.
- Suicide ranks as the 11th cause of death in the U.S., but as the third highest cause of death among teenagers.

MYTHS ABOUT SUICIDE

- People who talk about suicide are unlikely to die if (false) Talking about suicide can be a plus for help and a late sign in the progression towards an attempt.
- Suicides are impulsive (false) The majority of suicides are not impulsive acts and have most often been preceded by many clues or warnings.
- Suicidal people really want to die and nothing will stop them (false) Most suicidal people are undecided whether they really want to die. Most just want their pain to stop.
- Only a handful of suicidal times that person is suicidal whenever (false) Suicidal crises are usually short-term. With help, a suicidal person might never be suicidal again.
- When people seem happy after a period of depression they are no longer in danger (false) Numerous suicides have occurred when people appear to be getting better. This is especially so if they have not been receiving professional care.
- Rich people are more likely to die by suicide than the poor (false) Suicide is represented roughly equally among all levels of society.
- Suicidal people are always mentally ill (false) Suicidal people may be very well but they are not necessarily mentally ill.
- If there is no note then it cannot be suicide (false) Many suicides occur without a suicide note.

IMPORTANT DEFINITIONS

Suicide – deliberate and intended act of self-inflicted death.

Amбивалентность – mixed and uncertain feelings existing at the same time in a person. One is a desire to live; the other is a desire to die.

Lethality – the potential for a specific method of suicide to actually end a person's life. The shorter the length of time between the act and the actual death, the greater the lethality of the method.

Social isolation – patterns of avoiding social contacts. The greater the social isolation, the less likely it is that family or friends will be contacted when a person is in a state of crisis and the greater the potential for a suicide death.

CAUTIONS

- Every suicidal threat should be taken seriously. Not paying attention to a person's warning could set the person up for an attempt that could end in death.
- Emergency personnel who try to help out during a suicidal crisis may be exposed to intense emotional states that trigger feelings of discomfort and insecurity within the helper. Call for assistance and hand the case off to someone else if you are becoming too emotionally involved and losing your objectivity.
- Do not take unnecessary risks when working with a person who is threatening suicide or who is making an actual suicide attempt. There is often a homicidal thought process that is associated with a suicidal risk. The person may be willing to kill another person in their suicidal actions.
- Avoid thinking that there is one way of dealing with a suicidal person that will work in every case. Suicide is a very individual and personal act. The background, feelings and thoughts that have led to a suicidal crisis are unique to each person.

Cost: \$426.00 for 100 booklets

A Quick Series Booklet on suicide prevention that contains a comprehensive overview of suicide prevention/intervention are given to staff that attend the training.